

Is my use of alcohol affecting having a healthy life?

Social Determinants of Health - Alcohol Risk

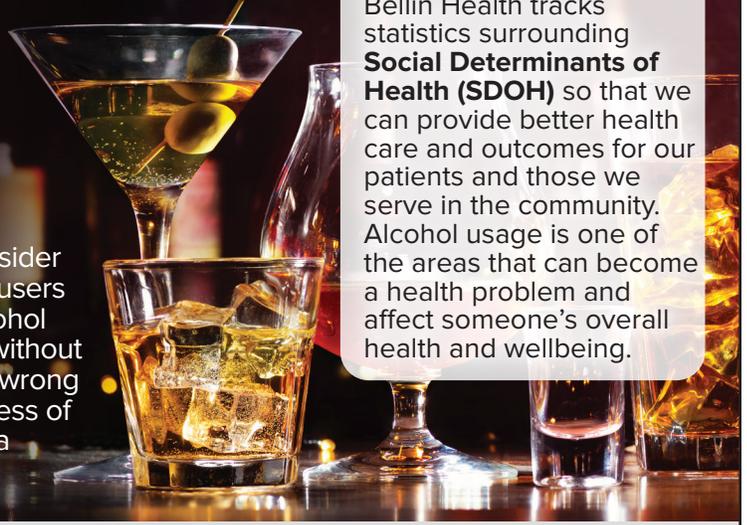
Effects of Alcohol Abuse: Alcohol abuse affects all aspects of your life. Problematic drinking damages your emotional stability, finances, and career. Employees who have problems with alcohol produce at least 10% less work than their coworkers. The abuse can be devastating to the user's family and friends as well; it can hinder your ability to build and maintain satisfying relationships.

Your drinking may be escalating to a more serious matter if you:

- ✓ Feel guilty or ashamed about your drinking
- ✓ Lie to others or hide your drinking habits
- ✓ Have friends or family members who are worried about your drinking
- ✓ Need to drink in order to relax or feel better
- ✓ Regularly drink more than you intend

If any of these sound familiar, you may want to consider making a change. While around 30% of alcohol abusers (not severe alcoholics) are able to reduce their alcohol consumption or abstain completely from drinking without receiving professional assistance, there is nothing wrong with seeking help from an outside source. Regardless of which path you choose, acknowledging you have a problem with alcohol is the first step.

Bellin Health tracks statistics surrounding **Social Determinants of Health (SDOH)** so that we can provide better health care and outcomes for our patients and those we serve in the community. Alcohol usage is one of the areas that can become a health problem and affect someone's overall health and wellbeing.



COMMUNITY RESOURCES

Alcohol use can affect many areas of health and wellbeing so Bellin Health would like to provide you with the support you and your loved ones need on that journey.

JOIN our new monthly **Group Coaching** sessions designed to expand on health and wellbeing, content and how to personalize it in your life – contact wellnessconsultant@bellin.org.



VISIT alcoholicsanonymous.com or smartrecovery.org to find support meetings near you. In addition, feel free to reach out to the Bellin Health Lifestyle Medicine team at LifestyleMedicineTeam@bellin.org to be connected with community resources, support, and next steps.

LISTEN NOW on Apple Podcast or Spotify



Real-life solutions for common health and wellbeing challenges.

Search "Prescription for Life"



Real advice for real people to support your mental health.

Search "Mental Health Moments"



REGISTER to receive more resources and special event invitations, go to bellin.org/lifesaver and click on the "Register" link.

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Lifesaver Wellbeing Series